

INDIGENOUS EDUCATION MAY NEWSLETTER

Community Connections & Resources

Mental Health Bingo

[Grande Prairie Friendship Centre & Hugasister](#)

Grande Prairie Friendship Centre and Hugasister present:

Mental Health Bingo

We challenge you to take **Mental Health Action** and honour **MMIWG2S+** by completing as many of these activities as possible over the month of May.

Talk to a friend on the phone	Read	Go for a run, walk, or bike ride in nature	Have a hot bath or shower	Smudge
Send a letter to a loved one	Spend 20 minutes writing	Dance!	Get ready as if you are going out on the town	Hang a red dress in your window or tree
See someone face to face! (Virtually or safe distance)	Try out a new recipe	Walk or run on May 5, Wear Red	Listen to music	Visit the Sister Rock (or send prayers)
Do something nice for someone	Make something! Bead, craft, food...	Do 20 mins of yoga or stretching	Do something that makes you laugh	Sit in stillness outside. Listen and observe
Hang something positive on your window	Hugasister colouring page hugasister.com	Walk somewhere to take a cool photo	Pick up litter in your area	Call an Elder or grandparent

Share online and encourage others to participate!
@hugasister @GPFC #hugasisterhealthbingo

To enter for prizes, ensure you are a member of the GPFC, register for FREE this year only at [gpfriendshipcenter.com](#) and email a pic of your bingo card by May 31 to [triciaplante@gpfriendship.com](#)

Name: _____ Phone #: _____

Virtual Run/Walk on May 5th

[Grande Prairie Friendship Centre & Hugasister](#)

The Grande Prairie Friendship Centre & Hugasister Present

The 2nd Annual MMIWG2S+ RUN/WALK

National Day of Awareness for Missing & Murdered Indigenous Women & Girls

MAY 5 2020

SISTER SISTERS ROCK

COMMUNICATING MISSING AND MURDERED INDIGENOUS WOMEN & GIRLS TWO SPIRIT PEOPLES

Run/walk wherever you can, or use the 5km route marked out by the Spirit Sisters Rock!

Show your participation by using the hashtag **#SisterRockRunWalk** & wear **red** to honour our sisters

Register for free at [www.GPFriendshipCenter.com](#)

First 150 registrants receive a unique medal

[f](#) [i](#) [t](#) [@hugasister](#) [@gpfriendship](#)

Coloring Page & Contest

[from Hugasister](#)



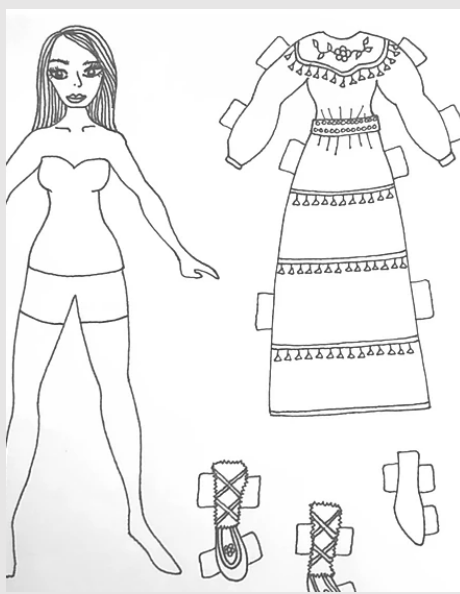
'Story Stones' Resource

[from T8GP](#)



Paper Doll Resource

[from T8GP](#)



T-Shirt Art Contest

[from the Metis Nation of Alberta](#)

CALLING ALL MÉTIS YOUTH!

T-SHIRT ART CONTEST

Sketch, paint, or draw your favourite thing about Métis culture!

Enter your original artwork and the winning designs will be featured on an MNA T-shirt!

CONTEST DETAILS:

- Must be an MNA citizen to enter
- Age categories: 8-13, 14-18, 19-25
- One winner from each age category
- Artwork must be original and Métis themed
- Artwork dimensions must be 8.5 x 11 inches (i.e. letter-sized paper)
- Artist's name, age, and contact information (email & phone) must be included

DEADLINE IS MAY 29, 2020

Email your submissions to [youth@metis.org](#).
Winners may be required to submit the original artwork.

[albertamets.com](#) [f](#) [i](#) [t](#) [@ABMetisyouth](#)

Created by Brigitte Benning, Indigenous Education Coordinator

District Connections & Resources

Online Education Resources

[on District-Wide Google Slideshow](#)



Cree Classes w/ Mrs Belcourt

[On HRS Facebook Page](#)



Award Nominations

[Recognition Awards](#) & [Post-Secondary Bursary](#)



April 29th – International Dance Day

Pow Wow Dancing

[Video](#)



Inuit Drum Dancing

[Video](#)



Metis Jigging

[Video](#)



Have a safe and socially connected month!

If you would like support bringing Indigenous content into your online teaching please reach out (780)-933-3626

brigittebenning@pwpsd.ca

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